

FORMATION JOURNAL

Volume Ten
August – October 2025

NONACHURCH

Dear Nona Church Family,

One thing we have believed at Nona Church from the earliest days is that the invitation of Jesus is into a lifelong journey to follow Him — one step at a time. That is why our mission is to help every person know and take their next best step in following Jesus. Our team has developed this resource to help you strengthen your walk with Jesus on a daily basis this year. The Formation Journal is designed to guide you into God's presence through intentional prayer, Bible reading, and personal reflection. I'm reminded of the words of Paul when he writes:

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and prove what God's will is—His good, pleasing and perfect will. — Romans 12:2

We live in a world and culture that wants to conform us to a pattern that is oftentimes opposed to God's heart for our flourishing. We know the process of transformation happens by renewing our mind with Scripture over time and in community. With this process of transformation in view, we encourage you to allow this journal to supplement, or even guide, your spiritual life. Use it as a tool to help you form new or better habits, and trust that God will use His Word, by the power of His Spirit, to change your life.

Our team has been intentional in designing this journal so you can easily engage with God in weekend sermons, Bible reading, prayer, and reflection. The following pages will give you some insights on how to best experience all that the Formation Journal has to offer.

We know that God's desire for you is to experience the peace, joy, love, and hope that come from His Presence every day, and we're looking forward to seeing how Jesus invites you to follow him one step at a time this year!

God Bless,
Pastor Collin & Stacey

7 PRACTICES IN THE WAY OF JESUS

Intimacy With God

knowing God and being known by God



Intentional Rest

trusting God with our time, life and future



Humility

maintaining a right view of God, self and others



Reconciliation

participating in the restoration of all things



Honor

seeing and treating everyone the way God sees them



Stewardship

managing God's gifts God's way for God's glory



Contentment

depending on God's goodness and control in all circumstances

MISSION

We help every person know and take their next best step in following Jesus.

VISION

We exist to be a family of neighborhood churches walking in the way of Jesus for the renewal of our city and world to the glory of God.

WEEKEND SERMON NOTES

Each week, this journal has a place to take notes and reflect on what you are learning through the teachings. We have provided extra space to jot down the big idea from the sermon, any questions you might have, important thoughts you want to remember and next steps towards Jesus you are ready to take. We pray this area will help you not just receive information but lean into the transformation that the Holy Spirit brings through His Word.

DAILY GRATITUDE

Each day you will have the opportunity to reframe your perspective around gratitude. By thanking God for how He is at work in our lives – in seasons of ease and difficulty – we can experience the gentle, restorative leading of God’s shepherding hand. Use this space to thank God for how you’re experiencing who He is and what He is doing in your life.

WEEKLY REFLECTION

At the end of each week, you’ll receive a prompt to spend time reflecting on your personal discipleship to Jesus. These prompts are meant to draw your heart into honest engagement with God, perhaps in gratitude, confession, adoration, or repentance.

BIBLE READING PLAN

Throughout this journal, you'll have the chance to draw on the spiritual riches of the Bible as you learn from God through His Word. In Matthew 13:52, Jesus teaches that anyone who is His well-trained disciple skillfully draws out the treasure from God's Word. God has spoken to us by giving us both the Old and New Testaments as a treasure trove of grace and truth so we would know, love, and follow God each day.

Whether you have been following along since January or are just joining in, you will go deeper in your understanding and appreciation of God's Word. In this volume of the Formation Journal, we will explore the Old Testament Wisdom literature and walk through historical accounts of the life and ministry of Jesus.

New Testament:

1 Corinthians
2 Corinthians
1 Timothy
2 Timothy
Titus
1 John
2 John
3 John

Old

Testament:

1 Samuel
2 Samuel
1 Kings

Wisdom

Literature:

Job
Psalms
Song of Songs

In Psalm 1, the psalmist tells us God's Word is meant to delight and nourish us, like a tree planted by streams of water that thrives and grows because of its proximity to the source of life. We pray this journal will help you take in the life-giving Word of God each day, drawing you closer to the heart of Jesus.

Every time you start a new book of the Bible, you will see a QR code that when scanned will direct you to a 6-10 minute intro video, designed to help give you background and context for the book you are about to read. Whether this is your first time reading the Bible, or you have read through it multiple times, this will be an interesting and helpful resource.

SUNDAY | AUGUST 10

SERMON NOTES

[illegible]

MY NEXT STEP:

[illegible]

MONDAY | AUGUST 11

1 CORINTHIANS 5 + 1 SAMUEL 14 + JOB 23

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAILY GRATITUDE:

[illegible]

TUESDAY | AUGUST 12

1 CORINTHIANS 6 + 1 SAMUEL 15 + JOB 24

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DAILY GRATITUDE:

[illegible]

WEDNESDAY | AUGUST 13

1 CORINTHIANS 7 + 1 SAMUEL 16 + JOB 25

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DAILY GRATITUDE:

[illegible]

THURSDAY | AUGUST 14

1 CORINTHIANS 8 + 1 SAMUEL 17 + JOB 26

[illegible]

DAILY GRATITUDE:

[illegible]

FRIDAY | AUGUST 15

1 CORINTHIANS 9 + 1 SAMUEL 18 + JOB 27

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DAILY GRATITUDE:

[illegible]

SATURDAY | AUGUST 16

STEWARDSHIP

Stewardship is managing God’s gifts God’s way for God’s glory and the good of others. How is God calling you to change how you use your money, time or talents? Which of the three feels the hardest in this season? Why? Write a prayer below asking God to help you grow in your trust of Him to better manage the blessings He has given you.

DAILY GRATITUDE:

SUNDAY | AUGUST 17

SERMON NOTES

[illegible]

MY NEXT STEP:

[illegible]

MONDAY | AUGUST 18

1 CORINTHIANS 10 + 1 SAMUEL 19 + JOB 28

[illegible]

DAILY GRATITUDE:

[illegible]

TUESDAY | AUGUST 19

1 CORINTHIANS 11 + 1 SAMUEL 20 + JOB 29

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DAILY GRATITUDE:

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WEDNESDAY | AUGUST 20

1 CORINTHIANS 12 + 1 SAMUEL 21 + JOB 30

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DAILY GRATITUDE:

[illegible]

THURSDAY | AUGUST 21

1 CORINTHIANS 13 + 1 SAMUEL 22 + JOB 31

[illegible]

DAILY GRATITUDE:

[illegible]

FRIDAY | AUGUST 22

1 CORINTHIANS 14 + 1 SAMUEL 23 + JOB 32

[illegible]

DAILY GRATITUDE:

[illegible]

SATURDAY | AUGUST 23

CONTENTMENT

Contentment is depending on God’s goodness and control in all circumstances. Take a moment to journal below about where you find it difficult to trust God’s goodness and control in your life right now. Next, consider how God might be inviting you to depend on Him for all of your needs. Write a prayer releasing these circumstances to God.

DAILY GRATITUDE:

SUNDAY | AUGUST 24

SERMON NOTES

[illegible]

MY NEXT STEP:

[illegible]

MONDAY | AUGUST 25

1 CORINTHIANS 15 + 1 SAMUEL 24 + JOB 33

[illegible]

DAILY GRATITUDE:

[illegible]

TUESDAY | AUGUST 26

1 CORINTHIANS 16 + 1 SAMUEL 25 + JOB 34

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

DAILY GRATITUDE:

[illegible]

2 CORINTHIANS 1 + 1 SAMUEL 26
+ JOB 35



SCAN ME

[illegible]

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THURSDAY | AUGUST 28

2 CORINTHIANS 2 + 1 SAMUEL 27 + JOB 36

[illegible]

DAILY GRATITUDE:

[illegible]

FRIDAY | AUGUST 29

2 CORINTHIANS 3 + 1 SAMUEL 28 + JOB 37

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DAILY GRATITUDE:

[illegible]

SATURDAY | AUGUST 30

INTIMACY WITH GOD

Intimacy with God is both knowing God and being known by Him. As you reflect on your week, what were life-giving practices in your walk with Jesus? In this season, what distracts you from connecting with God? What has the Holy Spirit been teaching you through His Word this week?

[illegible]

DAILY GRATITUDE:

[illegible]

SUNDAY | AUGUST 31

SERMON NOTES

[illegible]

MY NEXT STEP:

[illegible]

MONDAY | SEPTEMBER 1

2 CORINTHIANS 4 + 1 SAMUEL 29 + JOB 38

[illegible]

DAILY GRATITUDE:

[illegible]

TUESDAY | SEPTEMBER 2

2 CORINTHIANS 5 + 1 SAMUEL 30 + JOB 39

[illegible]

DAILY GRATITUDE:

[illegible]

WEDNESDAY | SEPTEMBER 3

2 CORINTHIANS 6 + 1 SAMUEL 31 + JOB 40

[illegible]

DAILY GRATITUDE:

[illegible]

2 CORINTHIANS 7 + 2 SAMUEL 1
+ JOB 41



SCAN ME

[illegible][illegible]

FRIDAY | SEPTEMBER 5

2 CORINTHIANS 8 + 2 SAMUEL 2 + JOB 42

[illegible]

DAILY GRATITUDE:

[illegible]

SATURDAY | SEPTEMBER 6

INTENTIONAL REST

Intentional rest is the act of trusting God with our time, life and future. Rest is an act of obedience, reminding us that God is ultimately in control, not us. What have you done or experienced recently that has nourished your soul? Where is God inviting you to slow down and enjoy rest with Him?

[illegible]

DAILY GRATITUDE:

[illegible]

SUNDAY | SEPTEMBER 7

SERMON NOTES

[illegible]

MY NEXT STEP:

[illegible]

2 CORINTHIANS 9 + 2 SAMUEL 3
+ PSALM 90



SCAN ME

[illegible][illegible]

TUESDAY | SEPTEMBER 9

2 CORINTHIANS 10 + 2 SAMUEL 4 + PSALM 91

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery.

DAILY GRATITUDE:

[illegible]

WEDNESDAY | SEPTEMBER 10

2 CORINTHIANS 11 + 2 SAMUEL 5 + PSALM 92

[illegible]

DAILY GRATITUDE:

[illegible]

THURSDAY | SEPTEMBER 11

2 CORINTHIANS 12 + 2 SAMUEL 6 + PSALM 93

[illegible]

DAILY GRATITUDE:

[illegible]

FRIDAY | SEPTEMBER 12

2 CORINTHIANS 13 + 2 SAMUEL 7 + PSALM 94

[illegible]

DAILY GRATITUDE:

SATURDAY | SEPTEMBER 13

HUMILITY

Humility is maintaining a right view of God, self, and others. Take a moment and ask God to help you consider where pride, or an inaccurate view of self, has shaped the way you think about God and others. How are you being challenged to love those around you in sacrificial ways?

[illegible]

DAILY GRATITUDE:

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SUNDAY | SEPTEMBER 14

SERMON NOTES

[illegible]

MY NEXT STEP:

[illegible]

1 TIMOTHY 1 + 2 SAMUEL 8
+ PSALM 95



SCAN ME

[illegible][illegible]

TUESDAY | SEPTEMBER 16

1 TIMOTHY 2 + 2 SAMUEL 9 + PSALM 96

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

DAILY GRATITUDE:

[illegible]

WEDNESDAY | SEPTEMBER 17

1 TIMOTHY 3 + 2 SAMUEL 10 + PSALM 97

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAILY GRATITUDE:

[illegible]

THURSDAY | SEPTEMBER 18

1 TIMOTHY 4 + 2 SAMUEL 11 + PSALM 98

[illegible]

DAILY GRATITUDE:

[illegible]

FRIDAY | SEPTEMBER 19

1 TIMOTHY 5 + 2 SAMUEL 12 + PSALM 99

[illegible]

DAILY GRATITUDE:

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SATURDAY | SEPTEMBER 20

RECONCILIATION

Reconciliation is participating in the restoration of all things to God’s good design. What brokenness is God showing you in yourself, your family, or your culture? How is God inviting you to be part of His work of reconciliation? Consider writing a prayer asking God to open your eyes to the injustice around you and how you can be part of His work of reconciliation.

DAILY GRATITUDE:

SUNDAY | SEPTEMBER 21

SERMON NOTES

[illegible]

MY NEXT STEP:

[illegible]

MONDAY | SEPTEMBER 22

1 TIMOTHY 6 + 2 SAMUEL 13 + PSALM 100

[illegible]

DAILY GRATITUDE:

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2 TIMOTHY 1 + 2 SAMUEL 14
+ PSALM 101



SCAN ME

[illegible]

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WEDNESDAY | SEPTEMBER 24

2 TIMOTHY 2 + 2 SAMUEL 15 + PSALM 102

[illegible]

DAILY GRATITUDE:

[illegible]

THURSDAY | SEPTEMBER 25

2 TIMOTHY 3 + 2 SAMUEL 16 + PSALM 103

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAILY GRATITUDE:

[illegible]

FRIDAY | SEPTEMBER 26

2 TIMOTHY 4 + 2 SAMUEL 17 + PSALM 104

[illegible]

DAILY GRATITUDE:

[illegible]

SATURDAY | SEPTEMBER 27

HONOR

Honor is seeing and treating everyone the way God sees and treats them. Who is God calling you to love the way He loves them? In what ways do you find that hard? Who in your life do you struggle to see as “crowned with glory and honor?” Consider using the space below to write a prayer of honor and blessing for the people you struggle to honor as God does.

DAILY GRATITUDE:

SUNDAY | SEPTEMBER 28

SERMON NOTES

[illegible]

MY NEXT STEP:

[illegible]

TITUS 1 + 2 SAMUEL 18
+ PSALM 105



SCAN ME

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. On the left side, there is a vertical margin line, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.[illegible]

TUESDAY | SEPTEMBER 30

TITUS 2 + 2 SAMUEL 19 + PSALM 106

[illegible]

DAILY GRATITUDE:

[illegible]

WEDNESDAY | OCTOBER 1

TITUS 3 + 2 SAMUEL 20
+ SONG OF SONGS 1

PAUSE AND
ORIENT YOURSELF
TO: **SONG OF SONGS**

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAILY GRATITUDE:

[illegible]

1 JOHN 1 + 2 SAMUEL 21
+ SONG OF SONGS 2



SCAN ME

[illegible][illegible]

FRIDAY | OCTOBER 3

1 JOHN 2 + 2 SAMUEL 22 + SONG OF SONGS 3

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

DAILY GRATITUDE:

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SATURDAY | OCTOBER 4

STEWARDSHIP

Stewardship is managing God's gifts God's way for God's glory and the good of others. How is God calling you to change how you use your money, time or talents? Which of the three feels the hardest in this season? Why? Write a prayer below asking God to help you grow in your trust of Him to better manage the blessings He has given you.

DAILY GRATITUDE:

SUNDAY | OCTOBER 5

SERMON NOTES

[illegible]

MY NEXT STEP:

[illegible]

MONDAY | OCTOBER 6

1 JOHN 3 + 2 SAMUEL 23 + SONG OF SONGS 4

[illegible]

DAILY GRATITUDE:

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TUESDAY | OCTOBER 7

1 JOHN 4 + 2 SAMUEL 24 + SONG OF SONGS 5

[illegible]

DAILY GRATITUDE:

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WEDNESDAY | OCTOBER 8

1 JOHN 5 + 1 KINGS 1
+ SONG OF SONGS 6

PAUSE AND
ORIENT YOURSELF
TO: **1 KINGS**

[illegible]

DAILY GRATITUDE:

[illegible]

2 JOHN + 1 KINGS 2
+ SONG OF SONGS 7



SCAN ME

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.[illegible]

3 JOHN + 1 KINGS 3
+ SONG OF SONGS 8



SCAN ME

[illegible]

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SATURDAY | OCTOBER 11

CONTENTMENT

Contentment is depending on God's goodness and control in all circumstances. Take a moment to journal below about where you find it difficult to trust God's goodness and control in your life right now. Next, consider how God might be inviting you to depend on Him for all of your needs. Write a prayer releasing these circumstances to God below.

DAILY GRATITUDE:

NONACHURCH